

The Turquoise Table Podcast

with *Kristin Schell*

Discussion Guide
S2E4
Rebekah Lyons
October 16, 2019

Quote highlights from Rebekah Lyons:

“We are actually made for community, we become depressed if we are isolated or alone.”

“You certainly can’t give what you haven’t received.”

“Stop trying to save the world, it’s not your job.”

“There’s no shame in this, no condemnation. It’s just an invitation to make small changes and shifts.”

Journal Prompts

Of the four rhythms Rebekah shares -- Connect, Create, Rest, Restore -- which one is your strongest or most natural tendency? Where do you need to accept God’s invitation to make holistic changes?

Discussion

Rebekah talks about burnout when you stay in the Connect/Create rhythm and aren’t being filled by operating in the overflow of the rhythms of Rest/Restore. Have you felt burnout in an area of your life?

What would it look like to try a Tech Detox? Map out a plan and have someone keep you accountable.

Challenge

Try a Brain Dump before bed. Write everything down and get it out of your brain in a journal. See if you notice a change after a week or two.